

Garlic & Lemon Cod

If you are looking for a less fishy tasting meal then cod is the perfect ingredient. This mild tasting fish is perfect for adding tasty seasonings and flavors like lemon and garlic.

Recipe Type: Fish and Shellfish, Main Dish

Degree of Difficulty: Moderately difficult

Ingredients

4 6 oz pieces of Cod
2 cloves Garlic clove, crushed
1/2 tsp Butter
1 Tbsp Olive oil
3 Tbsp Lemon Juice, freshly squeezed
2 Tbsp Parsley -- chopped
1 pinch Sea salt
1 pinch Black pepper freshly ground

Directions

- 1 Preheat oven to 400 degrees.
- 2 Lightly coat a large baking dish with cooking spray.
- 3 Season cod with sea salt and black pepper and place in baking dish.
- 4 In a small non-stick skillet, melt butter and olive oil on medium low heat.
- 5 Add crushed garlic and sauté for one minute.
- 6 Add lemon and parsley and remove from heat.
- 7 Drizzle the lemon and garlic mixture over cod fillets.
- 8 Bake for about 12 – 14 minutes or until fish flakes with a fork.

Cooking Times

Preparation Time: 10 minutes

Cooking Time: 14 minutes

Total Time: 24 minutes

Nutrition Facts

Nutrition (per serving): 230 calories, 5.5g total fat, 1.1g saturated fat, 100.6mg cholesterol, 169.1mg sodium, 1.6g carbohydrates, <1g fiber, <1g sugar, 41.4g protein.

Servings: 4

Weight Watchers Points

Orig. WW Pts: 5

Points Plus: 5